

Amendments to the Claims

1-13. (Cancelled)

14. (New) A food for improving cognitive functional capacity of a consumer of the food comprising a minimum of 100mg of phosphatidyl serine and a minimum of 15g of carbohydrates.

15. (New) The food of claim 14, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food.

16. (New) The food of claim 15, wherein the phosphatidyl serine is present in an amount of 200-300mg.

17. (New) The food of claim 15, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

18. (New) The food of claim 15, further comprising a minimum of 10 wt% of protein.

19. (New) The food of claim 15, wherein the food is a functional food selected from the group consisting of beverages, bread spreads, chocolate products, candy products, milk, dairy products, diet foods, and cereals.

20. (New) A method for improving cognitive functional capacity comprising consuming the food of claim 14, wherein improving the cognitive functional capacity includes increasing memory, concentration, and attentiveness.

21. (New) The method of claim 20, wherein improvement of cognitive functional capacity is short-term.

22. (New) The method of claim 20, wherein the food is consumed regularly and improvement of cognitive functional capacity is long-term.

23. (New) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a combination of phosphatidyl serine and carbohydrates, said combination including a minimum of 100mg to about 300mg of phosphatidyl serine and a minimum of 15g of carbohydrates, wherein glucose intake into brain cells of the consumer is improved by consumption of said food bar.

24. (New) The food bar of claim 23, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

25. (New) The food bar of claim 24, wherein said food bar has a weight of at least 20g to about 35g.

26. (New) The food bar of claim 24, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

27. (New) The food bar of claim 24, further comprising a minimum of 10 wt% to about 16 wt% of protein.

28. (New) The food bar of claim 24, further comprising a minimum of 15 wt% to about 27 wt% of fat.

29. (New) The food bar of claim 24, wherein said food bar has a water content of less than 3%.

30. (New) The food bar of claim 24, wherein said food bar has a chocolate coating and is enriched with vitamins.

31. (New) The food bar of claim 24, wherein said food bar is a functional food product.

32. (New) A food bar for improving cognitive functional capacity of a consumer of the food bar comprising a minimum of 40 wt% to about 57 wt% carbohydrates and a minimum of 1 wt% to about 1.4 wt% lecithin extract containing phosphatidyl serine.

33. (New) The food bar of claim 32, wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.

34. (New) The food bar of claim 33, wherein the carbohydrates are simple carbohydrates selected from the group consisting of glucose, fructose, sucrose, and combinations thereof.

35. (New) The food bar of claim 33, further comprising a minimum of 10 wt% of protein.

36. (New) The food bar of claim 23, wherein said food bar includes 200mg of phosphatidyl serine and 18g of carbohydrates and wherein improving cognitive functional capacity includes increasing memory, concentration, and attentiveness in the consumer of the food bar.